

Project Title	Outcomes and predictors of success from very low energy diets at Canberra Obesity Management Service
Supervisor	Dr Rebecca Mathews , Associate Professor Paul Dugdale
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Lead discipline (please select one)

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| <input type="checkbox"/> Nursing | <input type="checkbox"/> Health Economics |
| <input type="checkbox"/> Allied Health | <input type="checkbox"/> Biostatistics |
| <input checked="" type="checkbox"/> X Medicine | <input type="checkbox"/> Value-based Healthcare |
| <input type="checkbox"/> Pre-clinical | <input type="checkbox"/> Epidemiology |

Outline of the project

This project would build on Dr Mathews' existing retrospective clinical audit of very low energy clinic (VLED) outcomes and predictors of success over 2018-2020 to include patient follow up data to determine if patients successfully maintain their weight loss in 3 months and 12 months following very low energy diets. It would also involve assessing the impact of comorbidities at baseline such as polycystic ovarian syndrome (PCOS) and obstructive sleep apnoea on patients' outcomes with very low energy diet. Potential scope to assist with literature review of evidence base for VLED and the factors that predict successful outcomes.

Proposed research methods

Retrospective clinical audit of patient's clinical information following VLED clinic attendance. Quantitative data will be statistically analysed using SPSS (Dr Mathews has a license to this).

Preferred study discipline being undertaken by the student

Medicine

Potential benefits to the student and to the department

Students on this placement would have the opportunity to contribute to future publications arising from this work and there would be options for medical students to observe our multidisciplinary obesity service in action for their professional development also. The department would benefit from furthering of its evaluation of its very low energy diet

clinics and determine the patient factors at baseline associated with successful outcomes to help more effectively prioritise patients for this intervention.

Department within ACT Health Directorate / Canberra Health Services where the student will be based

Dr Mathews works part time with her time shared between the Canberra hospital Chronic Disease Management Unit and Canberra Obesity Management Service at the Belconnen Community health centre. The student could mirror their attendance with Dr Mathews' attendance, but also attend Belconnen Community Health Centre or the Canberra Hospital as needed on the other days of the week depending on their need to collaborate with other team members or access statistical software.

Please submit form to preclinical.research@act.gov.au